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FOLK RECIPES OF NEGROS OCCIDENTAL THEIR COLLECTION AND PREPARATION

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June 1972

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APPROVAL SHEET

This is to certify that

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has satisfactorily fulfilled the requirements for thesis writing and has passed the oral examinations for the thesis entitled

"FOLK RECIPES OF NEGROS OCCIDENTAL THEIR COLLECTION AND PREPARATION"

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THESIS ABSTRACT

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Title : FOLK RECIPES OF NEGROS OCCIDENTAL THEIR COLLECTION AND PREPARATION

Name : Ana C. Lee

School : West Negros College

Degree : Master of Arts in Education

Date : June 1972

I. THE PROBLEM

A. Statement of the Problem

It was the purpose of this study to:

1. To collect the recipes commonly prepared in the rural homes of Negros Occidental

2. To kitchen-test these recipes and to convert the arbitrary units of measuring the ingredients into standard units of measure in order to facilitate communication; and to correct or improve the processes of preparation.

B. Importance of the Study

1. This study would be a means of perpetuating the cooking art of rural folks.

2. This study will provide Foods and Nutrition classes, particularly those in the rural high schools, a source of recipes for laboratory exercises, the materials of which are readily available, the cooking methods familiar and practical, and the finished products of

which are acceptable to their families.

3. The findings of this study will provide insight into the general nutrition of the Negros Occidental rural folks.

II. EXPERIMENTAL METHOD

III. FINDINGS, CONCLUSIONS, AND RECOMMENDATIONS

A. Findings

1. An analysis of the preparation practices revealed in the recipes submitted show that rural folks have limited knowledge of preparing food nutritiously.

2. The most popular method of cooking is boiling. Sauteing is seldom used; baking, very rarely. The only dry heat method of cooking is broiling.

3. Few people eat meat strictly as a dish by itself. Meat is used as an addition to vegetables and is locally identified as "subak."

4. Green, leafy vegetables and legumes are popular with rural folks.

5. The common and cheap source of fat in the diet is coconut milk, which is added to the vegetables and meat.

6. The rural folks have a cheap and common source of flavoring ingredient - lemon grass, locally identified as "tanglad."

B. Conclusions

From the study the writer conducted, the following conclusions were made:

1. The rural folks consume inadequate amounts of meat. This finding is in accord with the facts revealed in the nutrition survey conducted by the Food and Nutrition Research Center.

2. The most common dishes are based on combinations of meat or fish and green leafy vegetables, fruit vegetables or legumes.

3. The rural folks do not know the correct practices in preparing vegetables. They do not seem to realize that food preparation practices determine the amount of nutrients retained, especially the soluble vitamins and minerals.

4. There are some edible plants which they are using in place of the garden variety of vegetables. The knowledge of what plants are edible appears to be widespread in Central and Southern Negros, but only as far as Cadiz City in the North.

C. Recommendations

1. There should be a widespread campaign for nutrition education.

2. The government, though its agencies, should disseminate basic nutrition information. Classes in nutrition should be organized in rural areas under the combined forces of the health officials, the Committee on Agricultural Productivity, the Presidental Assistance on Community Development, and the Rural Improve-Clubs. The rural folks should be taught the following:

   a. Nutrients needed by the body;
   b. The functions and uses of these nutrients in maintaining good health;
   c. Common sources of these nutrients; and
   d. How much of these nutrients are needed in the body.

3. The rural homemakers should be made to realize that although the nutrients are found in a food, through careless handling and incorrect preparation practices, these nutrients may be wasted or entirely lost, and, therefore, the body fails to benefit from the food eaten.

4. To encourage improvement of the diet through better ways of handling and preparing of food.

   a. Effort should be made to overcome and to counteract the prohibitive effect of superstition attached to the eating of foods which are useful for good health, such as eating fruit early in the morning, and eating vegetables in the evening.

b. Homemakers should be taught the basic principles of scientific food preparation and cooking in such ways as to best conserve food value and flavor.

c. The holding of cooking demonstrations should be encouraged to further nutrition instruction.

d. Women's Clubs and Mothers' Clubs should be activated in food production projects such as backyard gardens, poultry, swine, and food-preservation projects.

5. Home Economics teachers in the rural high schools should be encouraged to use in their cooking classes, native recipes, the ingredients of which are locally available, cheap and practicable in the homes of the students.

6. Further research should be made to find the specific food value of the edible plants and grasses that the rural folks use as food and to find other ways of preparing them palatably as food.

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FOLK RECIPES OF NEGROS OCCIDENTAL
THEIR COLLECTION AND
PREPARATION

[redacted]

A Thesis
Presented to
the Faculty of the Graduate School
West Negros College

In Partial Fulfillment
of the Requirements for the Degree
Master of Arts in Education

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by
Ana C. Lee
June 1972

To my mother who first awakened in me a love
for cooking and who first taught me
to market, and to prepare
food properly

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I am greatly indebted to Mrs. Delia A. Espino for the encouragement she has extended, and to Mr. Bello L. Cato, Mrs. Ida R. Jamora, Mr. Leonardo Orleans, Mrs. Cleofas Caluyo, Miss Rebecca A. Diaz, and Mrs. Amparo V. Alipoon for their valuable suggestions.

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A. C. L.

West Negros College
Bacolod City
June 1972

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Chapter 1

INTRODUCTION

Some of everyone's most treasured memories center about a happy table - the members of the family, the jokes and news exchanged, and the delicious food that warmed the spirit and helped the conversation flow.

Food is the basic essential to man's existence. The first want to every human being from the time he begins life is food. According to Dowd and Dent the food an individual eats fundamentally affects his health, strength, stamina, nervous condition, morale and mental functioning. Food is of paramount importance in the normal growth, development and health of children.[1]

Primitive man was a food gatherer and hunter. He subsisted on the bounty of nature. His food supply consisted of plants, fish, and animals that were available in his environment. When he discovered the use of fire, he was able to increase the palatability of his food. For thousands of years this natural supply of food was adequate to meet man's needs but, as the population increased, he was forced to produce his own food.

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[1] Mary T. Dowd and Alberta Dent, *Elements of Food and Nutrition* (New York: John Wiley and Sons, Inc., 1945), p. 7.

Man industriously strove to increase the sources of food. Agricultural advances led to the propagation of cereals, fruits, and vegetables, which are more productive in yield and more resistant to adverse climatic conditions and plant disease. Better methods of animal breeding resulted in the increase of dairy products and meat supply.

Stoves and cooking tools were invented, each one an improvement over the preceding one as time went on, resulting ultimately in the time and labor-saving devices of today's kitchen.

The increased food supply created a need for methods of preserving food for future use. As time went on, the study of Microbiology made possible not only effective techniques that prevented spoilage of food but also the retention of its nutrients and flavor.

The science of food techniques grew through trial and error, to become established as fixed rules and measurements. Modern recipe techniques beginning in the 20th century are based on exact measurements and pretested procedures which guarantee success in preparation.[2]

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[2] John Tedford (ed.), "Food Preservation," Grolier Universal Encyclopedia (New York: Grolier Incorporated, 1968), Volume 8, p. 279.

Advances made in the study of food and nutrition made modern man, all too conscious of his food needs in order to maintain sound health. It is ironical that for all the achievements man made in increasing the sources of his food supply, he is faced with malnutrition.

According to the nutrition surveys conducted by the Food and Nutrition Research Center of the NSDB, the majority of the Filipinos are malnourished. The survey revealed that the factors contributing to malnutrition are many, among them, inadequacy of food supply, rapid rate of population growth, faulty food distribution, poor eating habits, food beliefs, fads and fallacies, and improper food preparation.[3]

The homemaker who prepares the family food is in a unique position to influence the state of nutrition of the family members. She limits the choices of those she serves by the food she provides and by the way the food is prepared.

This study of the recipes prepared in rural homes of Negros Occidental reveals the selection and preparation of food in this province.

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[3] Minerva Belen-Inciong, "The Need for Food and Nutrition Education", Manila Food Report (November 5, 1966), pp. 14-15.

THE PROBLEM

Statement of the Problem

It was the purpose of this study (1) to collect the recipes commonly prepared in the rural homes of Negros Occidental, (2) to pre-test and present them with the correct measurement of ingredients and with the steps in the process of preparation and (3) to use these recipes in the laboratory exercises of Home Economics classes.

Importance of the Study

This study is important for the following reasons:

1. This study would be a means of perpetuating the cooking art of rural folks.

2. This study will provide Foods and Nutrition classes, particularly those in the rural high schools, a source of recipes for laboratory exercises, the materials of which are readily available and within their financial reach.

3. The wide use of vegetables in the recipes would help increase interest in the Green Revolution project of the government.

Scope and Limitation of the Study

This study was conducted in Negros Occidental during the period covered by this investigation from January to to December, 1971. Whether the same recipes are being prepared in other regions in the country or not was not considered.

Definition of Terms Used

Pre-tested recipes. For those who may not be inspired cooks, the use of recipes carefully tested as to the quantities or weights of various ingredients, methods of combining, cookery process, the time required, number and size of servings, has been found essential to obtaining standard products.[4]

Food. Is anything which, when taken into the body, furnishes energy, builds and repairs tissue, or regulates body processes.[5]

Nutrients. The substances making up food are called nutrients and are listed as six; carbohydrates, fats, proteins, mineral, water and vitamins.[6]

Standard measuring cups. The United States Bureau

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[4] Bessie Brooks West and Levelle Wood, Food Service in Institution (New York: John Wiley and Sons, Inc., 1955), p. 26.

[5] Florence Harris and Ruth Henderson, Foods Their Nutritive Economic and Social Values (Boston: D. C. Health and Company, 19), p. 5.

[6] Ibid.

[redacted]

of Standards of the Department of Commerce has set the standard for measuring cup as one-fourth of a liquid quart or cubic centimeters.[7]

Standard measuring spoons. The most reliable measuring spoons are the sets attached to a ring and ranging in sizes from one-fourth teaspoon to one tablespoon. Sixteen tablespoons equal one cup. Three teaspoons equal one tablespoon.[8]

[redacted]

Staying quality of food. Some foods give a feeling of satisfaction until almost time for the next meal. Both the form and the composition of the food influence the staying quality, which is believed to depend largely upon the rate of digestion of the food consumed.[9]

Flavor. Is defined as that quality of anything which affects the tastes and gratifies the palate.[10]

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[7] Marjorie Heseltine and Ula M. Dow, Good Cooking (Boston: Houghton Mifflin Company, 1936), p. 36.

[8] Ibid., pp. 36-37.

[9] G. Vail, R. Griswold, M. Justin and L. Rust, Foods An Introductory College Course (Boston: Houghton Mifflin Company, 1967), p. 431.

[10] Mary E. Goldman, Planning and Serving Your Meals (New York: McGraw-Hill Book Company, Inc., 1957), p. 23.

[redacted]

Texture. Refers to the softness, crispness, smoothness, dryness or moistness of a food, each quality having an interesting effect on the perception of food flavors.[11]

Methods and Procedures of Study

In order to collect the recipes being prepared in the rural homes of Negros Occidental during the period under study, the researcher made verbal and written requests for recipes popular in the localities from the Home Economics teachers in the public schools, students of West Negros College, especially those enrolled in Home Economics , the classmates of the researcher in the Graduate School in the same college helped enrich the collection of recipes included in the study. However, not only those who were in school were requested in the gathering of the recipes, but also those who were not connected with the schools and were considered authorities on food preparation. Among these were housewives and cooks.

In setting the limit of the number of recipes to canvass, the investigator used the political division of the province: District I - San Carlos City to Silay City; District II - Talisay to La Carlota City; and District III -

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[11] Ibid., pp. 24-25.

Pontevedra to Hinoba-an. Fifty recipes were requested from each district. The request called for the most common recipes in meat, fish, vegetable and sweets. The request asked for the name of the recipe, the ingredients, used, the amounts needed and the method of cooking.

The total of one hundred and fifty recipes collected was cut down to one hundred because some of the recipes submitted were of foreign origin such as adobo, sarciado, escabeche, apretada and others.

According to the main ingredients, the remaining recipes were classified into meat, fish, vegetable and sweets groups. There were twenty seven (27) meat recipes, fifteen (15) fish recipes, fifteen (15) sweets and forty three (43) vegetable recipes. These figures included duplicates. The investigator excluded the duplicates, and in cases where, for the same recipe, differences in one or two of its ingredients occurred, the investigator used other ingredients as alternate choices or substitutes, in the finalized formula.

To check on the popularity of the recipes in the final list, the investigator requested three hundred fifty (350) Home Economics and education students she was teaching when the study was made. Eighty (80) of the students were from District I; one hundred fifty one (151) students from District II, and one hundred nineteen

(119) students from District III. The fifty recipes which received fifty per cent (50%) and higher than fifty per cent scores were included in the final list. Those that received less than fifty per cent from each district were eliminated. The list of the fifty recipes which were considered most common among the districts of Negros Occidental is shown in Table 1.

The researcher kitchen-tested the recipes, using standard measuring cups and spoons. The length of cooking time was carefully recorded. The steps in preparation have been made simple and concise.

To determine the acceptability of the finished product, the researcher requested members of the family, students and friends to help act as members of a taste panel, and their comments were carefully noted and implemented in the revision of the recipe.

The researcher followed the following pattern in presenting the recipes:

1. Name of the recipe
2. Ingredients listed in the order of use
3. Steps in preparation, including preliminary preparation of ingredients and length of cooking time
4. Number of possible servings of the finished product.

Table 1

Responses According to Districts

	Name of Recipe	Districts		
		I (80)	II (151)	III (119)
1.	Chicken Tinola 1 (with Ubad and Kadios)	78	150	110
2.	Chicken Tinola 2 (with Upo and Pepper leaves)	75	120	101
3.	Chicken Guinat-an	40	77	61
4.	Chicken Linagpang	41	76	60
5.	Bat-ang	65	90	83
6.	La-uya	80	149	111
7.	Pork Tinola 1 (Kadios & Nanka)	78	120	106
8.	Pork Tinola 2 (Upo and Leaves)	50	90	99
9.	Pork Tinola 3 (Nanka & Stringbeans)	69	97	101
10.	Linagpang Mudfish	75	120	108
11.	Alimusan Tinola	43	77	60
12.	Fish Tinola with Bago leaves	41	76	90
13.	Shellfish-Malungay Saute	45	80	60
14.	Pagi Linabog	62	76	83
15.	Banag Guinat-an	71	84	91
16.	Tabangco Tinola	41	76	60
17.	Balingon Uga Hinangap	67	99	101
18.	Kinilao Bangus	72	130	116

Table 1 (continued)

Name of Recipe	Districts		
	I	II	III
	(80)	(115)	(119)
19. Balingon Uga Tinola	51	88	60
20. Laswa Number 1	71	121	102
21. Laswa Number 2	79	135	99
22. Laswa Number 3	66	111	100
23. Laswa Number 4	58	121	103
24. Laswa Number 5	72	133	98
25. Laswa Number 6	51	105	97
26. Linutik Squash	77	132	99
27. Alogbate with Meat	68	111	104
28. Mongo with Ubad	57	141	111
29. Mongo Guinat-an	50	101	96
30. Mongo Guisado	66	104	101
31. Mongo with Madre de Cacao Flowers	40	80	60
32. Tambo Guinat-an	76	144	113
33. Tambo with Mushrooms	59	106	100
34. Dried Beans Guinat-an	61	118	103
35. Dried Beans with Salted Pork	45	81	64
36. Dried Beans with Bangus	42	100	96
37. Kinilao Gaway-Gaway Flowers	78	105	100
38. Apan-Apan	80	151	119
39. Green Nanka Adobo	40	76	62

Table 1 (continued)

Name of Recipe	Districts		
	I	II	III
	(80)	(115)	(119)
40. Takway Adobo	40	77	60
41. Udag Leaves Pinamalhan	40	75	60
42. Amargoso and Egg Guisado	47	76	65
43. Alope Cassava	80	149	115
44. Puto Taktak	74	120	106
45. Bicho-Bicho	75	135	101
46. Tikoy	51	86	79
47. Inday-Inday	73	101	99
48. Sundol	68	138	113
49. Cassava Suman	79	149	118
50. Baye-Baye	80	150	119

In order to transmute the amounts of ingredients in the original recipe into their equivalence in standard measuring cups and spoons, the researcher used this procedure:

If the original recipe called for a bundle of malungay, to approximate the amount in a bundle, the researcher had three or four bundles of malungay bought from different markets. The leaves were sorted and measured in cups. The average amount of the three measures was the amount used in the recipe for the first test.

To determine vague amounts such as "isa ka pudyot asin", several students were requested to put out a "pudyot" of salt using all of the five fingers, to do it. The researcher noted that the differences in amount picked was due to a difference in grip. If the fingers were held close the amount picked was less than a teaspoon, The average "pudyot" is one teaspoon.

The researcher also found that bundles of vegetables yield more or less the same amounts of sorted leaves. This indicates that vendors have a certain standard in bundling the vegetables. Bundles of stringbeans have been found to contain the same number of pods in each bundle.

Fish and shellfish sold in lots have also been found to be the same in number per lot, according to price. The researcher, therefore, determined the amounts stated in lots by finding the average number contained in the different lots obtained from different markets.

As testing proceeded, the amounts of ingredients still underwent adjustment, based on the taste of the finished product. To cite a specific example:

Laswa #1 (Original Recipe)

Isa ka atado ponao (clams)
Tubig nga isabaw
Duha ka bilog kamates
Isa ka bugkos dahon tugabang
Duha ka pudyot asin
Isa ka magamay nga bugkos sang balatong listones
Isa ka magamay nga kapayas
Isa ka bilog nga amargoso
Isa ka bugkos balungay

Laswa #1

(First test based on average amounts)

25 pieces small sized clams
4 cups water
2 teaspoons salt
2 medium sized tomatoes
1½ cups tugabang leaves
1 cup stringbeans, cut in short lengths
1 small papaya, sliced into small pieces

1 piece amargoso, cut in eights

½ cup malungay leaves, lightly packed

The taste panel noted that the finished dish was rather thick. Several members found the dish quite slimy. Some suggested decreasing the amount of papaya. Taking note of the suggestions, the researcher made adjustments in the amounts of the ingredients.

Laswa #1

(Second test based on adjusted amounts)

25 pieces small sized clams

5 cups water

2½ teaspoons salt

2 medium sized tomatoes

1 cup tugabang leaves, lightly packed

1 cup stringbeans, cut in short lengths

1 cup papaya, sliced in small pieces

1 piece medium sized amargoso, cut in eights

½ cup malungay leaves, lightly packed

The taste panel found the finished dish satisfactory, except for the over-all flavor. The researcher noted that some members of the panel tried to adjust the salt to their taste and declared the result highly satisfactory. The researcher made further adjustment in the amount of salt and in the size of the clams used.

Laswa #1

(Third and final amounts used)

25 pieces medium sized clams

5 cups water
3 teaspoons salt
2 pieces medium sized tomatoes
1 cup tugabang leaves, lightly packed
1 cup stringbeans, cut in short lengths
1 cup papaya, sliced in small pieces
1 piece medium sized amargoso, cut in eights
½ cup malungay leaves, lightly packed

The members of the taste panel approved the finished product.

To provide for differences in individual taste, the researcher included the adjustment of seasoning as an essential step under preparation.

Table 2

Number of Times Each Recipe Was Tested

Name of Recipe	Number of Times Tested
1. Chicken Tinola 1 (with Ubad and Kadios)	5
2. Chicken Tinola 2 (with Upo and Pepper Leaves)	4
3. Chicken Guinat-an	5
4. Chicken Linagpang	4
5. Bat-ang	6
6. La-uya	6
7. Pork Tinola 1 (Kadios and Nanka:	5
8. Pork Tinola 2 (Upo and Leaves)	4
9. Pork Tinola 3 (Nanka & Stringbeans)	4
10. Linagpang Mudfish	3
11. Alimusan Tinola	3
12. Fish Tinola with Bago Leaves	3
13. Shellbish-Malungay Saute	4
14. Pagi Linabog	5
15. Banag Guinat-an	4
16. Tabangco Tinola	3
17. Balingon Uga Hinangap	3
18. Kinilao Bangus	3
19. Balingon Uga Tinola	3

Table 2 (continued)

Name of Recipe	Number of Times Tested
20. Laswa Number 1	4
21. Laswa 2	4
22. Laswa 3	4
23. Laswa 4	4
24. Laswa 5	4
25. Laswa 6	4
26. Linutik Squash	3
27. Alogbate with Meat	5
28. Mongo with Ubad	4
29. Mongo Guinat-an	4
30. Mongo Guisado	3
31. Mongo with Madred de Cacao Flowers	4
32. Tambo Guinat-an	4
33. Tambo with Mushrooms	4
34. Dried Beans Guinat-an	3
35. Dried Beans with Salted Pork	3
36. Dried Beans with Bangus	3
37. Kinilao Gaway-Gaway Flowers	3
38. Apan-Apan	3
39. Green Nanka Adobo	3
40. Takway Adobo	3

Table 2 (continued)

Name of Recipe	Number of Times Tested
41. Udag Leaves Pinamalhan	3
42. Amargoso and Egg Guisado	3
43. Alope Cassava	3
44. Puto Taktak	3
45. Bicho-Bicho	4
46. Tikoy	4
47. Inday-Inday	3
48. Sundol	3
49. Cassava Suman	3
50. Baye-Baye	3

Chapter 2

REVIEW OF RELATED LITERATURE

One of the most thought provoking problems that a homemaker faces everyday is the choice of food she has to serve to her family. It is a recurring problem and a very important one because the intelligent solution to it would mean the happiness and well-being of her family. It is a serious task, considering that a homemaker has to serve three meals a day, three hundred sixty-five days a year.

The science and the art of cooking are involved in providing three meals a day: science, since nutritious meals are essential to health; and the art, since meals must be palatable in order to be eaten. The rapidly developing science of nutrition has shown the relation of food to health. It is determining what nutrients are essential, and in what amounts. Also, it is determining the effect of storage, processing, and cooking, in the retention of the various nutrients. Food preparation is fast becoming a science based on principles derived from carefully controlled experiments.[1]

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[1] Louise Stanley and Jessie Cline, Foods: Their Selection and Preparation (Boston: Guinn and Company, 1950), p. 7.

According to Dr. Josefina Bulatao Jayme, Supervising Medical Nutrition Scientist of the Food and Nutrition Research Center (FNRC) Filipinos do not eat enough of the right foods not merely because of insufficient supply but also because of a lack of nutrition-consciousness among the population. She says:

> ".... given a peso, it makes a whale of a difference if you know your nutrients. That is what we need to tell people about nutrition."[2]

Although even today many food preparation procedures are traditional, scientific methods are being developed through research and investigation. Common practices are examined and approved, or condemned and revised. Acceptable procedures are becoming standardized to create products of consistently high quality. Using such methods simplifies meal preparation. Often there are two or more satisfactory ways to prepare a food. However, once a method is chosen, it is wise to follow it with few deviations because the habit thus formed makes for ease and efficiency in performance, and for assurance of a satisfactory product. These procedures are usually expressed as recipes, which are, in fact, formulas, giving the proportions of ingredients to be used, the method of combining them, and the cooking processes involved.

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[2] Domini Torevilla Suarez, "A National Commitment to Nutrition", Sunday Times Magazine (March 2, 1969).

Standard or basic recipes express for a whole group of dishes the general proportions and procedures to be followed, and also indicate possible variations. Familiarity with basic recipes and standard proportions, like an understanding of acceptable products, is fundamental to satisfactory meal preparation. Only as each separate dish measures up to the accepted standards for that product is the success of the meal assured. The problem then in meal preparation is to choose and to follow tested procedures in such a way that all the food will be ready, and most palatable at the same time.[3]

Objectives of Food Preparation

The objectives of good food preparation are:

1. To conserve the nutritive value of the food;
2. To improve the digrestibility;
3. To develop and enhance its flavor;
4. To increase or at best retain the attractiveness of its original color, form, and texture; and
5. To free it from injurious organism and substances.

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[3] Gladys Vail, Ruth Griswold, Margaret Justin, and Lucile Osborn Rust, Food (Boston: Houghton Mifflin Company, 1967), p. 514.

Nutritive Value of the Food

The nutritive value of any food depends upon its composition. If the preparation does not involve cooking or soaking, its original nutritive value may be regarded as largely conserved. When the preparation involves cooking, certain changes may occur, the most important of which are the destruction of the vitamin content and the loss of minerals.[4]

The amount of ascorbic acid in a food to be eaten is directly related to the food preparation practices used. Raw food that one eats will have more of the vitamins than will one that has been cooked or baked. The removal of the natural skin of a vegetable will increase the loss of the vitamin from the food because of the leaching of the nutrient into the soaking or cooking water. Further losses of the vitamin will occur when a peeled vegetable is subdivided into smaller portions.

The method used in cooking a food will determine the amount of ascorbic acid retained by it. In order to illustrate the amounts of the vitamin that may be lost in vegetable cookery, data from Yale University have been adopted to show the retention of reduced ascorbic acid in fresh green peas cooked by three commonly used home-cooking methods. The peas retained more of the vitamin when cooked in the waterless cooker or in the pressure saucepan than when cooked in the tightly covered saucepan. In the tightly covered saucepan method, reducing the amount of water used for enough water to cover the vegetables to only one-half cup, increased the amount of ascorbic acid in the cooked peas by about one third.[5]

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[4] Bessie Brooks West and Levelle Wood, Food Service in Institution (New York: John Wiley and Sons, Inc., 1955), p. 32.

Under ordinary conditions of home cooking, most of the thiamine lost in a food is due to the leaching of the vitamin into the cooking water rather than to heat destruction. This fact was observed when twelve different vegetables were processed in family-size amounts by four different cooking methods. The retention of thiamine in the vegetables, averaged 91.0% in the waterless cooker, 84.1% in the tightly covered saucepan with one-half cup water, and 78.9% in the pressure cooker. In view of this report, it appears that the thiamine content of a vegetable can be conserved if it is cooked in the least amount of water compatible with good palatability.[6]

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[5] Eva Wilson, Katherine Fisher, and Mary Fuqua, Principles of Nutrition (New York: John Wiley and Sons, Inc., 1965), p. 264.

Masters and Garbutt report practically no loss in cooking vegetables in water if the amount of water added is small and is evaporated just to dryness at the close of the cooking period. They designate this as the conservative method of cooking. If it is not practicable to evaporate the water to dryness, the use of as small a quantity of water as possible seems preferable to using a very large quantity.

Leafy vegetables like spinach offer a larger surface area for loss than the compact ones, like carrots. Soaking in water before cooking may increase the losses, and vegetables like carrots and potatoes, when cooked whole, in their skins, or left in large pieces, loss less than if cut into small pieces.

Loughlin reports that the amount of the sugars, the vitamins, and mineral salts dissolved in the cooking water is increased if a large amount of liquid is used, if much cut surface is exposed, and if the cooking time is prolonged.

Thompson reports that the total loss of solids, ash, and iron is greater in vegetables that are over-cooked than

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[6] Ibid., p. 251.

[redacted]

in those just sufficiently cooked.[7]

Enhancement of Flavor and Attractiveness

The effect of cookery on the palatability of food maybe to enhance and conserve the normal flavor, to develop a particular flavor as the roasting of meat, or to blend flavors as in a cake. Conserving and enhancing the original flavor of such foods as mild-flavored vegetables is impossible if the heating continues over a long period, or at a high temperature. The volatile substances that produce the flavor in a food may be largely driven off or may be changed to other compounds far less enjoyable.

[redacted]

The effects of cookery on color, form, and texture are also important factors in the palatability of food. In the conservation of color all the preparation processes should be focused on maintaining the color found in the food in its original state. The more nearly the color of the finished product resembles that of the original, the more satisfactory in this respect has been the preparation.[8]

The appearance of the cooked vegetable is partly a

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[7] Belle Lowe, Experimental Cookery (New York: John Wiley and Sons, Inc., 1937), p. 106.

[8] West and Wood, op.cit., pp. 32-33.

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question of color. Conditions of cooking affect the various colored vegetables differently, since the pigments responsible for the different colors in vegetable vary in solubility and stability of heat.

The bright green color in vegetable is due to the presence of chlorophyll. This color is only slightly soluble in water but is easily destroyed by high temperature and long cooking.[9]

[redacted]

According to Willstatter, the chlorophyll is changed to the olive-green color by two means: (1) by hydrogen ions or an acid reaction, and (2) by heat. The hydroxyl ions, or an alkaline reaction, produces chlorophyll salts with bright green color. In general, the more acid the reaction, the more rapid is this change in color when the vegetable is heated; or, vice versa, the more alkaline the reaction, the more slowly the chlorophyll changes to olive-green. Thus, in order that the bright green color be retained in cooking green vegetables, they should be cooked for as short a time as possible, and contact with acids should be avoided as far as possible.[10]

Foods may be prepared so that the original form is maintained, or some other form at least, pleasing, is produced. The slices or other forms should be uniform in size, thickness, and contour, and should be conducive to ease of service and eating. The form of slices or other shapes should be apparent as such, rather than submerged in a conglomerate mass.

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[9] Ibid.

[10] Lowe, op.cit., p. 112.

Texture may be maintained in its natural state, softened, as in some fruits and vegetables, or hardened, as in pastries and doughs. It is closely associated with form, marked changes in texture usually being accompanied by changes in form. The food preparation should maintain or developed the texture regarded as desirable, and characteristic of a given standard product.[11]

To Make Food Free from Harmful Organism

Vegetables commonly grow in or close to the ground and so are exposed to contamination even more than fruits are. All soils contain organisms, many of them, pathogenic. Even if vegetables escape contamination by the soil, they are exposed to dust, insects, and human hands, before being brought into the house. Hence, careful and thorough washing is essential. All spoiled portions should be removed. Whether the vegetable is washed only, washed and brushed, scraped, or peeled, is determined by the vegetable selected, its age, and the method of preparation. Soaking some vegetables may be helpful in removing dirt or insects, and in making the vegetable crisp. However, it is better to avoid soaking after cutting the vegetable into pieces because the water-soluble nutrients may be lost.[12]

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[11] West and Wood, op. cit.

Digestibility

Food processing methods and cooking procedures actually begin the breakdown of factors in food before the food itself is ingested. Cellulose is softened and the hydrolysis of starch and collagen begins during food processing. Also, cooking enhances the digestibility of some foods (egg white) and improves the flavor of others (onions). The aroma and taste of flavorful, well-prepared foods may initiate the chemical phase of digestion by stimulating the secretions of the digestive tract.[13]

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[12] Vail, loc.cit.

[13] Wilson, Fisher and Fuqua, loc.cit., p. 79.

Chapter 3

RECIPES SELECTED FOR THE STUDY

The recipes in this collection are almost all based on methods using water as the cooking medium. Very few are prepared by sauteing and broiling.

The recipes included in the compilation are easy to follow and are practical, and every ingredient is locally available. The ingredients are listed in the order of their use. All measurements are level unless otherwise specified.

The preliminary methods used in preparing the food for cooking are explained before the actual cooking of the ingredients. Such processes may include the following processes:

1. Sorting for condition, washing, and removing foreign material.
2. Paring or shelling, as in the preparation of legumes.
3. Cutting, slicing, or dicing, and grating or grinding.
4. Soaking when necessary for some dried foods such as fruits, vegetables, and fish.

CHICKEN TINOLA #1

1	cup prepared ubad*
1	young chicken (about 1 kilo), cut up
3	teaspoons salt
3 - 4	cups water
1"	piece ginger lightly crushed
2	pieces medium sized tomatoes, sliced
1	cup fresh fresh kadios seeds

Slice the ubad crosswise thinly. Knead lightly in salt. Rinse and squeeze off water. Measure and set aside.

Place the chicken pieces in a saucepan, add salt one fourth (1/4) cup of the water, and the ginger. Simmer covered for five (5) minutes. Add the rest of the water, tomatoes, kadios, and the prepared ubad. Cover and simmer until the chicken is tender and the kadios is done.

Serves 6 generously.

CHICKEN TINOLA #2

1	young chicken (about one kilo), cut up
3	teaspoon salt
3	cups water
1"	piece ginger lightly crushed
8	pieces tanglad leaves, washed and knotted
1	cup sliced upo*
1	cup pepper leaves, sorted and washed
1	cup malungay leaves, sorted and washed

Place the chicken pieces in a saucepan together with the salt, 1/4 cup of water, and ginger. Simmer covered for five (5) minutes. Add the remaining water and tanglad. Simmer covered until chicken is almost done. Add the upo. Boil two (2) minutes. Drop the leaves, press down and let boil one (1) minute.

Serves 8.

*Green papaya may be substituted.

GUINAT-AN CHICKEN

1	fryer (1 kilo), cut up
1"	piece ginger, crushed lightly
2 1/4	teaspoons salt
1	small onion
8	pieces tanglad, washed and knotted
1/2	cup water
15	pieces green nanka, sliced thinly
1	cup coconut milk

Place in a clay pot the chicken pieces, salt, ginger, onion and tanglad. Add one half (1/2) cup water. Cover and cook until slightly tender. Add the nanka and coconut milk. Cook until done. The mixture should be somewhat thick.

LINAGPANG NGA MANOK

1	piece broiler (1 kilo), dressed
2	pieces broiled batuan
1	teaspoon salt
2	teaspoons ginamos
3	pieces medium sized tomatoes, sliced
1	piece medium sized onion, eliced
1/2	of small hot pepper
3 1/2	cups boiling water

Split the chicken in half. Rub halves with a teaspoon of salt. Broil over live coals. Broil the liver; when done, mash while hot in a little amount of water. Set aside.

Prepare the seasonings in a bowl. Just before the chicken is done, pour the boiling water into the prepared seasonings. Season to taste. Separate the meat from the bones of the chicken in chunks. Drop immediately into the prepared broth. Serve while hot.

BAT-ANG

1	pig's leg
6	cups water
1/4	cup atsuete seeds, soaked in
1/2	cup water
	a few pieces peppercorns
15	pieces green nanka, sliced in 2" pieces
1/4	cup vinegar
1	piece large onion, sliced

Rub the atsuete to bring out the color. Strain and set aside.

Clean the leg very well especially between the toes. Cut into serving pieces. Place in a saucepan with water enough to cover, salt, atsuete water and peppercorn. Bring to a boil, lower flame; simmer until almost tender. Add more water if necessary. Add the nanka slices. Boil five (5) minutes. Add the vinegar. Season to taste. It should be mildly tart. Cook until nanka is done. Drop onion slices just before removing from the fire.

Serves 7.

LA-UYA

1/2	kilo bendongo	*
1/2	kilo cantao	
10-12	cups water	
1	tablespoon salt	
1"	piece ginger, crushed lightly	
8	pieces tanglad leaves, washed and knotted	
1/2	cup atsuete seeds soaked in	
3/4	cup water	
1	small green nanka, cut in big pieces	
4	pieces iba or batuan	

Rub the atsuete seeds to bring out the color. Strain and set aside.

Rub a little lime into the surface of the bendongo. Scrape off the dark coating until bendongo looks clean and white. Wash off lime. Rub the meat with salt and guava leaves until the odor is removed. Rinse thoroughly. Cut up both meats. Simmer the meats with salt, ginger, tanglad and atsuete water until almost tender. Add more water if necessary. Season to taste. Add the nanka slices. Boil for five (5) minutes. Add the iba. Continue simmering until nanka is done.

Serves 10.

*Lean meat or leg of calf may be used if desired.

PORK TINOLA #1

1/2	kilo pork, cut up
3	teasponns salt
4 1/2	cups water
1	cup fresh kadios seeds
1	cup diced green nanka
3	pieces medium sized tomatoes, sliced
1	cup camote tops (lightly packed)

Boil the water and salt. Add the pieces of pork. Cook simmered thirty to forty (30 - 40) minutes, or until almost done. Add the kadios seeds. Cover and let cook until kadios softens. Add the nanka. Five (5) minutes after, add the tomatoes. Boil ten (1) minutes more. Add the leaves, boil two (2) minutes.

Serves 6 - 7.

PORK TINOLA #2

1/2	kilo pork, chopped
3 1/2	cups water
3	teaspoons salt
2	cloves garlic, crushed
4	pieces green onion, sliced
2	pieces large tomatoes, sliced
2	cups upo, sliced
1 1/2	cups pepper leaves

Combine the water, salt, garlic, onion and tomatoes in a sausepan. Bring to a boil. Add the chopped pork. Simmer until tender about twenty (20) minutes. Season to taste. Add the upo; boil two (2) minutes. Add the pepper leaves; boil one (1) minute.

Serves 7.

PORK TINOLA #3

1/2	kilo pork, sliced in 2" pieces
5	cups water
3 1/2	teaspoons salt
4	pieces green onion, sliced
10	pieces green nanka, sliced in 2" pieces
2	pieces large tomatoes, sliced
1/2	cup stringbeans, cut in 1" lengths

Bring to a boil the water, salt, and onion. Drop the pork slices and gently simmer thirty (30) to forty (40) minutes. Add the nanka slices; cover; allow to boil five (5) minutes. Add the tomatoes. Let cook three (3) minutes.) Season to taste. Put in the stringbeans; boil seven (7) minutes.

Serves 6.

LINAGPANG MUDFISH

2	medium sized halu-an or puyo
2	cups boiling water
3	teaspoons salt
1	small hot pepper
2	pieces medium sized tomatoes, cut up
1	small onion, sliced

Broil the fish without removing the scales. While the fish is being broiled, prepare the rest of the ingredients in a bowl. Crush the pepper gradually to test the pungency desired. As soon as the fish is done,tear it into pieces and drop into the prepared mixture.

Serve hot.

ALIMUSAN TINOLA

1	medium sized alimusan
3	cups water
3	teaspoons salt
2	pieces small batuan
3-4	pieces tender guava leaves

Rub the skin of the fish with guava leaves and salt until the skin is no longer slimy. Remove gills and viscera. Cut into serving pieces. Bring the water, salt, batuan and guava leaves to a boil. Drop the fish pieces. Cover and simmer twenty (20) minutes or until the fish is done. Season to taste.

Serves 5.

FISH TINOLA WITH BAGO LEAVES

1/2	head of big fish (salongsong or lison) cut up
3 - 4	cups water
3	teaspoons salt
2	pieces green onion, sliced
2	medium sized tomatoes, sliced
1	cup tender bago leaves*

Bring water, salt, onions, and tomatoes to a boil. Put in the fish. Cook covered until the fish is done. Season to taste. Add bago leaves; let cook one (1) to two (2) minutes.

Serves 4.

*Kangkong or bean tops may be used.

SHELLFISH - MALUNGAY SAUTE

2/3	cup shucked talaba or batitis
2	tablespoons oil
1	small onion sliced
1	large tomato, sliced
1	teaspoon salt
1	cup water
1	cup malungay leaves, sorted and washed

Saute onions, tomatoes, and salt in heated oil. Put in shellfish meat. Stir. Add water and let boil a minute. Add leaves; let cook two (2) minutes. Season to taste.

PAGI LINABOG

3/4	kilo pagi, rubbed with guava leaves to clean*
1/3	cup vinegar
4	cups water
4	teaspoons salt
4	pieces tender guava leaves
1/4	cup oil
4	pieces green onions, sliced
1	piece large tomato, sliced
2	tablespoons atsuete seeds soaked in
1/4	cup water

Rub atsuete seeds to bring out the color. Strain and set aside.

Boil the vinegar, water, salt, guava leaves and fish for forty (40) minutes. Break up the fish into coarse flakes. Set aside.

Heat oil and saute in it the onions, tomatoes, and fish. Stir in the atsuete water. Cover and simmer for five (5) minutes. Season to taste. Pour into serving dish; sprinkle on top finely cut onion leaves.

Serves 8.

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*Stingray

BANAG GUINAT-AN

3	cups water
2	teaspoons salt
1	tablespoon ginamos, mashed in
1/4	cup water
1	piece medium sized batuan
1"	piece ginger crushed lightly
8	pieces tanglad leaves, washed and knotted
	gabi
2	cups banag with tips cut off
	Milk of one (1) coconut (about 1 cup)

Place the first seven (7) ingredients in a saucepan. Bring to a boil. Add the gabi. Boil until almost done. Correct seasoning. Add the banag; boil for two (2) to five (5) minutes. Test if already cooked by sucking the banag. If the meat comes out easily and it is no longer slimy, it is done.

TABANGCO TINOLA

1	medium-sized tabangco
4	cups water
1"	piece ginger, lightly crushed
3	teaspoons salt
1	medium sized banana heart, quartered
1	medium sized batuan

Remove the tough outer covering of the banana heart. Insert tip of knife and forefinger into the next two (2) or three (3) layers of flowers and cut off the matured pistils. Quarter lengthwise and remove the core. Wash and set aside.

Wash the tabangco very well. Cut into serving pieces. Boil the water, ginger, salt, and batuan. Drop the fish pieces. Boil for five (5) minutes. Put in the prepared banana heart. Continue boiling until fish is done.

BALINGON UGA HINANGAP

2	cups dried dilis, medium sized ones
1	cup water
5	pieces medium sized tomatoes, cut up
1 1/2	teaspoons salt
5	pieces green onion, cut fine
1/2	inch piece ginger lightly crushed

Combine all the ingredients, except dilis, in a bowl. Correct seasoning.

Toast dried dilis, stirring constantly in hot carajay or put a few live coals on a pot cover together with the dilis and toss around until done.

Drop into the prepared mixture and serve.

KINILAO BANGUS

1	medium sized bangus*
1/4	cup vinegar
1	small hot pepper
1	teaspoon salt
3	pieces green onions, cut fine
1/2	inch piece of ginger chopped or grated
1/2	cup grated green mango

Combine all the ingredients except bangus.

Slit open the bangus along the back. Remove the backbones. Cut bangus crosswise in slices leaving the skin. Remove the finer bones. Drop into the mixture and let soak. Decorate with tomato slices and serve.

*Deboned gurayan, tangigue slices or shelled shrimps may be used; omit green mango. Increase the vinegar.

BALINGON UGA TINOLA

3/4	cup balingon uga or dried dilis
3	cups water
3	teaspoons salt
2	pieces medium-sized tomatoes, cut up
1	piece kamansi, pared and cut up*

Place the dried dilis, water, salt and tomatoes in a saucepan. Set over medium heat and let boil eight (8) minutes. Add kamansi pieces and continue boiling until kamansi is done about fifteen (15) minutes. Correct seasoning.

Serves 6.

*If kamansi is not available, allow broth to cool somewhat and stir in two (2) beaten eggs.

LASWA #1

25	pieces medium sized ponao or clams
5	cups water
3	teaspoons salt
1	piece medium sized tomatoes, sliced
2	cups tugabang leaves
1	cup stringbeans, cut in short lengths
1	cup papaya, sliced in small pieces
1	piece amargoso, cut in eights
1/2	cup malungay leaves, lightly packed

Boil the water and drop the clams into it. Cover. Remove from the fire. Let clams remain in hot water two (2) minutes. Lift out clams and remove meat from the shell. Set aside.

Return clam broth to the pan and boil. Add tugabang leaves and salt. Boil four (4) minutes. Add tomatoes, stringbeans, and papaya. Boil four (4) minutes. Add clam meat and amargoso pieces. Boil two (2) minutes. Add malungay leaves; boil one (1) minute.

Serves 10.

LASWA #2

2 1/2	cups water
3	teaspoons salt
1/2	cup small shrimps or dried dilis
25	pieces squash, one inch (1") cubes
1	cup tugabang leaves
2	cups tender alogbate leaves and stems, packed
6	pieces small eggplants, quartered lengthwise

Bring to a boil the water, salt and shrimps. Add the squash and tugabang. Boil four (4) minutes. Put in the alogbate; cook two (2) minutes; add the eggplant. Boil covered five (5) minutes.

Serves 8.

LASWA #3

4	cups water
3	teaspoons salt
8	pieces medium large shrimps
1	small banana heart
1	cup tugabang leaves
1	cup takway, cut in one inch (1") lengths*
1	cup lupo leaves, sorted and washed
1	cup kulitis leaves, sorted and washed

Remove the tough outer covering of the banana heart. Slice thinly around leaving the core. Mash in a little salt. Rinse and squeeze. Set aside.

Bring to a boil the water, salt and shrimps. Add the prepared banana heart. Boil for five minutes. Add the tugabang leaves and takway. Boil ten (10) minutes. Add lupo and kulitis, boil one (1) minute.

Serves 7.

*Eggplant may be used.

LASWA #4

3 1/2	cups water
2	teaspoons salt
1/2	cup small shrimps
1/2	cup shelled patani
1/2	cup tugabang leaves
1	medium sized patola, sliced*
2	cups kangkong leaves

Bring water, salt and shrimps to a boil. Add the patani. Let boil ten (10) minutes until the patani is half done. Add tugabang. Boil seven (7) minutes. Add the patola and kangkong. Boil three (3) minutes.

Serves 6.

*Eggplant may be used.

LASWA #5

3 1/2	cups water
2	teaspoons salt
2	slices lamayo bangus or other fish*
1	cup tugabang leaves
4	pieces eggplant, quartered lengthwise**
2	pieces small batuan
1	cup stringbeans, cut in one inch (1") lengths.
1	cup camote tops

Bring to a boil the water, salt and fish. Add tugabang, allow to boil five (5) minutes. Wash and add cut eggplant, batuan and stringbeans. Boil four (4) minutes. Drop camote tops; boil two (2) minutes.

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*Daeng.

**1 cup chopped nanka may be used.

LASWA #6

3/4	cups balingon uga or dried dilis
3	cups water
3	teaspoons salt
2	pieces medium sized tomatoes, cut up
2	pieces okra, sliced
2	cups mixed leaves, kulitis, apat-apat, oyampong or kangkong, washed

Place the dried dilis, water, salt and tomatoes in a saucepan. Set over medium heat and let boil ten (10) minutes. Add okra and let boil five (5) minutes. Add leaves and let boil two (2) minutes.

Serves 8.

LINUTIK SQUASH

1 1/4	cups water
4	teaspoons ginamos, mashed in
1/4	cup water
1	teaspoon salt
3	cups squash, sliced in small pieces
	Milk of one (1) coconut (about one cup)

Combine the ginamos, water, and salt in a saucepan. Bring to a boil. Drop the pieces of squash. Boil until the squash softens, about eight (8) minutes. Season to taste. Mash the squash until uniformly thick. Slowly stir in the coconut milk. Continue stirring a minute.

Serves 5.

ALOGBATE WITH MEAT

1/4	kilo beef, chopped
1/4	cup oil
1	medium sized onion, sliced
2	pieces medium sized tomatoes, sliced
1/2"	piece ginger, curshed lightly
1 3/4	teaspoon salt
3	cups water
1	cup squash, sliced in small pieces*
2 1/2	cups alogbate leaves, lightly packed

Heat the oil, add the onion then tomatoes and salt. Crush with the back of the laddle. Stir in the meat and ginger. Simmer covered until the meat juice comes out. Add water. Let boil fifteen (15) minutes, or until meat is almost done. Add the squash then alogbate. Cover and cook five (5) to eight (8) minutes or until alogbate is done.

Serves 8.

*Eggplant or stringbeans may be used.

MONGO WITH UBAD

1/2	cup dried mongo
7	cups water
1	cup fatty pork, diced
2	cloves garlic, crushed
1	piece small onion, sliced
1	piece large tomatoes, sliced
4	teaspoons salt
1 1/2	cups prepared ubad
8	pieces tanglad leaves, washed and knotted

Slice the ubad crosswise thinly. Squeeze in salt, rinse and squeeze off water. Measure and set aside.

Boil the mongo in water, about thirty (3) minutes or until soft. Set aside. Place the pork in a carajay with about one fourth (1/4) cup water. Cover and allow to simmer until it dries up. Stir until the lard comes out. Push the pork pieces to one side of the pan. In the hot fat brown the garlic, add the onion, tomatoes and salt. Crush the tomatoes. Stir in the pork, mongo, ubad and tanglad. Let boil; correct the seasoning. Lower flame; simmer until ubad is done.

Serves 6.

MONGO GUINAT-AN

1/2	cup dried mongo
6	cups water
1 1/2	teaspoon salt
3	2" pieces dried salted fish
1	small sized banana heart
1	small batuan
8	pieces tanglad leaves washed and knotted
	milk of a coconut (about 1 cup)

Remove the tough outer covering of the banana heart. Slice thinly around leaving the core. Mash in a little salt. Rinse and squeeze. Set aside.

Boil the mongo in water, about thirty (30) minutes; or until soft. Put in the salt, dried fish, prepared banana heart, tanglad and batuan. Let cook over medium heat until the banana heart is tender, about fifteen (15) minutes. Season to taste. Stir in slowly the coconut milk; keep on stirring a minute. Serve hot.

MONGO GUISADO

1/2	cup dried mongo
6	cups water
1/4	cup oil
2	cloves garlic, crushed
3	pieces green onion, sliced
2	pieces large tomatoes, sliced
3	teaspoons salt
1/2	cup small shrimps*
1	cup palaypay leaves, torn to pieces**

Boil the mongo in water, about thirty (30)minutes; or until soft. Set aside.

Heat oil in the carajay. Saute garlic, onion, tomatoes, salt and shrimps. Cover, cook until shrimps are red. Add mongo; cook, covered, ten (10)minutes. Season to taste. Add the palaypay leaves. Cover and boil eight (8) minutes.

Serves 6.

*Dried dilis may be used.

**Bago leaves, kamantolan or alogbate leaves may be substituted.

MONGO WITH MADRE DE CACAO FLOWERS

1/2	cup mongo
5	cups water
2	teaspoons salt
1/2	cup small shrimps
2	pieces medium sized tomatoes, sliced
2	stalks tanglad washed and knotted
2 1/2	cups madre de cacao flowers (lightly packed)
	milk of 1 coconut (about 1 cup)

Pull the petals out of the calyx. Examine for foreign matter. Wash and drain. Set aside.

Boil the mongo until soft. Put in the salt, shrimps, and tomatoes, and tanglad. Cook covered ten (10) minutes. Correct seasoning. Add the flowers. Boil covered five (5) minutes. Stir in the coconut milk; keep on stirring a minute.

Serves 8.

TAMBO GUINAT-AN

1 1/2	cups bamboo shoot, very thinly sliced
4	cups water
1	cup grated tender corn
10	pieces medium sized shrimps*
1	cup tugabang leaves**
4	teaspoons salt
	Milk of one (1) coconut (about 1 cup)

Rinse the sliced shoot. Squeeze well to remove water and the bitter taste of the bamboo shoot. Boil the water; add the bamboo shoot. Boil uncovered for twenty (2) minutes or until the vegetable sinks to the bottom of pan. Add the shrimps, tugabang, salt, and corn. Cover and continue boiling until corn is cooked. Correct the seasoning. Add the coconut milk; stir one (1) minute.

Serves 9.

*Crabs cut in half with vicera removed may be used.

**Tender kapok leaves may be substituted.

TAMBO WITH MUSHROOM

2	cups thinly sliced tender bamboo shoot
5	cups water
2	pieces small salted fish, washed well*
1/2	cups tugabang leaves**
1	cup takway cut in 1" lengths
1	teaspoon salt
1	cup fresh mushrooms, cleaned and cut up***

Have the bamboo shoot pared and all the tough portion removed. Slice very thinly crosswise. Wash in water and squeeze tightly to remove water and its bitter taste.

Boil the water; drop in the prepared shoots. Boil uncovered for twenty (20) minutes or until the pieces sink to the bottom of the pan. Add the salted fish, tugabang and takway. Continue boiling covered fifteen (15) minutes or until takway is tender crisp. Correct the seasoning. Add the mushrooms. Boil two (2) minutes.

Serves 8 generously.

*Instead of salted fish, shrimps or halved crabs may be used.

**Okra or tender kapok leaves, or very tender cassava leaves.

***Big mushrooms called ohong, the medium variety called ligbos or amamakol or the small variety called hapon-hapon.

DRIED BEANS GUINAT-AN

1/2	cup dried beans, soaked overnight in water
1	cup water
2	pieces dried salted tangigue steaks*
1	cup cubed dagmay
1 1/2	teaspoons salt
1	piece medium sized batuan
1	cup camote tops, lightly packed
	milk of one (1) coconut (about 1 cup)

Boil three (3) cups water. Add the beans and the water in which it was soaked. Boil 10 minutes. Put in the salted fish, dagmay, and batuan; allow to cook at medium heat until dagmay is done. Season to taste. Drop the leaves; boil two (2) minutes more. Add the coconut milk; stir one (1) minute.

Serves 8.

*Other dried salted fish may be used.

NOTE: If dried beans are not soaked, boil for twice as much length of time to soften the beans before adding the rest of the ingredients.

DRIED BEANS WITH SALTED PORK

1/2	cup dried beans, soaked overnight in
1	cup water
1	cup salted pork, cubed
1	cup green nanka, diced, lightly packed*
3	pieces medium sized tomatoes, sliced
1	cup malungay leaves, sorted and washed**

Boil four (4) cups water. Add the beans and the water in which it was soaked, together with the salted pork. Boil, lower the fire and simmer thirty (30)minutes or until beans are soft. Add the nanka, cook three (3) minutes. Correct seasoning. Put in the tomatoes; cook five (5) minutes. Add the leaves; cook two (2) minutes more.

Serves 8.

*Eggplant may be used.

**Kulitis or bago leaves may be used.

DRIED BEANS WITH BANGUS

1/2	cup dried beans, soaked overnight in
1	cup water
1	piece medium sized bangus, cleaned and cut up
2	teaspoons salt
2	pieces large tomatoes, sliced
1	cup kangkong leaves, lightly packed*

Boil three (3) cups water. Add the beans and the water in which it was soaked. Continue to boil twenty (20) minutes, or until beans are almost soft. Add the fish pieces, salt, and tomatoes. Simmer covered, ten (10) minutes or until fish is done. Add the leaves; boil two (2) minutes more.

Serves 6.

*Camote tops or amargoso tops may be used.

KINILAO GAWAY-GAWAY FLOWERS

3	cups gaway-gaway flowers, lightly packed
1	teaspoon salt
1 1/2	teaspoons sugar
1/4	cup vinegar
1	small onion sliced

Separate the petals from the calyx. Remove the stamens. Blanch by dropping into boiling water. Let stay a minute or until just wilted. Drain.

Combine the salt, sugar and vinegar. Correct seasoning. Soak the blanched flowers in it. Decorate with onion and tomato slices.

APAN-APAN

2	tablespoons oil
2	cloves garlic, crushed
2	cups kangkong stems, cut in short lengths
1	tablespoon ginamos, mashed in one fourth (1/4) cup water
1/3	cup vinegar

Heat oil, brown garlic in it. Add the kangkong. Cover and let cook five (5) minutes. Season with ginamos and vinegar. Cover and cook until tender crisp.

NOTE: Some cooks prefer parboiling the stems before sauteing.

GREEN NANKA ADOBO

8	pieces tnaglad leaves, washed and knotted
3	cups green nanka, cut up
1/2"	piece ginger, lightly crushed
1	tablespoon ginamos
1/2	cup water
1	tablespoon vinegar
	Milk of one (1) coconut (about 1 cup)
3/4	teaspoon salt

Arrange at the bottom of the pot the knotted tanglad, and nanka. Place on it the rest of the ingredients. Cover and let cook until almost done. Season to taste. Continue to cook until nanka is thoroughly done. The cooked mixture should be rather thick.

TAKWAY ADOBO

1	cup takway, cut in 1" lengths
2	tablespoons oil
2	cloves garlic, crushed
1	piece medium sized onion, sliced
1	teaspoon salt
2	teaspoons ginamos, mashed in
1/3	cup vinegar

Wash and parboil the takway. Drain and set aside. Heat the oil, saute the garlic and onion. Add takway. Season with salt, vinegar and ginamos mixture. Cook until the takway is tender crisp.

Serves 5.

UDAG LEAVES PINAMALHAN

1	cup unopened udag leaves, washed and knotted
2	pieces tomatoes, squeezed*
1	teaspoon salt
2	teaspoons ginamos, mashed in
1/4	cup water

Place all ingredients in a clay pot. Cover and cook until leaves are done.

*Rosel or labog leaves may be used.

AMARGOSO AND EGG GUISADO

3	tablespoons oil
3	pieces green onion, sliced
2	pieces medium sized tomatoes, sliced
1 1/2	teaspoons salt
2	small pieces amargoso sliced crosswise thinly
1	egg beaten

Saute the green onion, and tomatoes in hot oil. Stir in the amargoso slices. Cover and cook two (2) to three (3) minutes, or until tender crisp. Stir into it the beaten egg. Remove.

Serves 5.

ALOPE CASSAVA

7	cups cassava, grated with juice removed
2	cups grated meat of young coconut
1 3/4	cup brown sugar, packed
	wilted banana leaves for wrapping

Wilt the banana leaves by passing over flame. Wipe and cut into six inches (6") widths. Set aside.

Combine all ingredients. Put two (2) tablespoonfuls on center of prepared banana leaf. Overlap side edges over mixture. Fold both ends toward center. Put two (2) pieces facing each other. Tie ends securely, with string. Drop into boiling water enough to cover; let boil forty (40) minutes or until cassava is cooked.

Makes eight (8) pairs.

PUTO TAKTAK

3 1/2 cups cassava, grated with juice removed
1/2 cup refined sugar
wilted banana leaves

Grate the cassava. Wrap in cheese cloth, twist to remove juice. Spread under the sun until somewhat dry. Blend with sugar. Set aside.

Puncture the bottom of a small can with holes. Lightly fill with cassava mixture. Do not pack. Set aside.

Fill a medium sized clay pot half full of water. Lay alternate layers of wilted banana leaves over its mouth. Tie around securely. Make a hole barely enough to hold the can. Cover can and steam for two (2) to three (3) minutes or until cassava is done. To remove, tap the can smartly against the table.

Makes a dozen small puto.

BICHO-BICHO

2 cups almost dry malagkit galapong packed

Put ground malagkit in a muslin bag. Put a weight on top to extract the water. When the galapong is almost dry, measure. Knead the galapong a few turns until the dough is pliable. Cover a board with cheese cloth. Roll a ball of dough until pencil like. Form into number eights. Fry in deep hot fat until golden brown. Boil a thick syrup of one (1) cup coconut milk and two (2) cups brown sugar until a soft ball forms when dropped into cold water. Remove from the fire. Drop in the fried pieces and toss around until bicho-bicho becomes coated with sugar and dry.

Makes 20 pieces.

PUTO TIKOY

2 1/3 cups thick malagkit galapong
2 cups fine muscovado sugar, packed
2 cups thick coconut milk
Wilted banana leaf cut in 3 1/2 rounds

Combine all the ingredients. Pour into puto molds lined with banana leaf rounds. Steam for fifteen (15) to twenty (20) minutes or until starch is cooked. Makes twenty (20) pieces.

INDAY-INDAY

1 1/2	cups almost dry malagkit galapong, packed
1	young coconut, grated
1	cup coconut water
2	Cups brown sugar, packed

Put ground malagkit in a muslin bag. Put a weight on it to extract water. When galapong is almost dry, measure. Knead a few turns until dough is pliable. Roll a ball of dough between the palms then flatten. Drop into boiling water and keep boiling until the pieces float. Remove with a slotted turner and drain.

Boil the water and brown sugar to soft ball stage. Add the grated tender coconut. The syrup will become thin, but continue boiling until it reaches soft ball stage again. Remove from the fire. Mix in the palitao and serve.

SUNDOL

3 1/2	cups very thick malagkit galapong (1/4 ganta)
1 1/2	cups pure coconut milk
2	cups brown sugar, packed

Wilt the banana leaf by passing over the flame. Wipe and divide into five and a half inches (5 1/2) pieces. Roll the banana leaf around a pencil like stick but with of slightly bigger diameter. Twist one (1) end tightly, fold back and tie securely. Pull out the stick. The rolled banana leaf should hold its shape. Make twenty five (25) pieces.

Combine the galapong, coconut milk and sugar. Use a funnel in pouring mixture into prepared wrapper. Fill two thirds (2/3) full. Put coarse chicken wire as a rack inside a big kettle. Put seven cups of water. Insert filled banana wrappers into holes of chicken wire to keep the sundol standing. Cover and boil thirty five (35) to forty (40) minutes or until sundol is done. Let cool and serve.

CASSAVA SUMAN

3 1/2	cups cassava, grated with juice removed
1 3/4	cups brown sugar, packed
	milk of 1 coconut, add enough water to make
4	cups water

Combine all ingredients in a carajay. Cover and let cook until slightly thick. Remove cover and stir occasionally until the liquid is absorbed. Keep on turning to prevent scorching until cassava is cooked.

Serves 10.

BAYE-BAYE

3	cups pinipig
2 1/2	cups grated tender coconut
2	cups sugar
	coconut water enough to moisten
1	piece boiled cassavas (optional)

Toast the pinipig until slightly golden and crisp. Feed into a coffee grinder and grind fine. Mix with the rest of the ingredients and pound to mix.

Serves 6.

Chapter 4

ANALYSIS OF THE RECIPES COLLECTED

The process of gathering the recipes was valuable not only for the study per se but also for revealing incidentally the food preparation practices prevalent among the rural folks.

Preliminary Preparation of Food

Meat is often sliced before washing. Most rural homemakers fail to realize that the food nutrients are lost by this practice.

All meat in the meat recipes are boiled recipes. The investigator found the same expression "pabukala," meaning "let boil." This indicates a lack of knowledge of the advantages of slow cooking of meat.

In the "Lauya," however, the meat is simmered, as it requires slow cooking.

The homemakers, or those responsible for the cooking of food, generally do not know the importance of washing the vegetables first before cutting. The investigator is instructed to cut eggplant, upo, nanka, papaya, okra, etc., and then wash. The most erroneously treated vegetable is the eggplant. The investigator repeatedly received instruction to cut and soak the eggplant to prevent it from discoloration.

There seems to be no awareness of the importance of keeping slices big or at least medium sized. Nanka is often recommended to be in chopped form. Banana heart and amargoso are often sliced crosswise rather than in quarters or thirds, lengthwise.

Leaves are torn to pieces especially tugabang, bago, palaypay, and even the larger pieces of alogbate. The reason given is that the tender tips of the leaves may be utilized leaving the thicker and, therefore, tougher portion at the stem end.

The investigator noted, however, that in the cooking of legumes such as dried balatong and mongo, the homemakers showed the correct method of preparing dried legumes for cooking. Practically all of the recipes using dried legumes mentioned the soaking of the dried beans, including mongo, before boiling. This reveals the practical and thrifty characteristics of rural homemakers. Length of cooking time is shortened by half if legumes are soaked before cooking.

It is also noted that the local practice is to start cooking vegetables by dropping them into boiling water. This is due to the prevalent practice of boiling the so-called "subak" before any vegetable is added. Fortunately, this practice insures minimum loss of food value and flavor

Table 3

Incorrect Preparation Practices Noted in the Study

Food and Method Used	Number of Times Noted
1. Fruit vegetables (Upo, Eggplant, Patola, etc.) pared, cut and washed	36
2. Leafy vegetable (Tugabang, Alogbate, Bago, etc.) torn or cut up into small pieces	28
3. Fruit vegetables reduced to small pieces	10
4. Fruit vegetables soaked in water to prevent discoloration	10
5. Meat cut into pieces and washed	21
6. Meat (including fish and poultry) cooked at boiling temperature	27

which is engendered by a longer cooking time if the vegetables are started to cook in cold water.

Cooking Method

The recipes gathered, except for a few which called for sauteing, use the boiling method of cooking. This is understandable if cognizance is made of the limited cooking equipment of the rural kitchens. No recipe was received which called for baking. The only dry heat method of cooking is applied in the broiling of fish and chicken as in the Linagpang recipes, and in the toasting of dried dilis in the Hinangap recipe, which are included in the collection.

Food Value

The recipes included in the study provide some insight into the nutritional level of the people's diet. Of the one hundred fifty recipes received, less than fifty (including duplicates) were wholly meat such as adobo, sarciado, apretada, torta, etc. which, for reasons of their foreign origin, were excluded from the final list. The most common use of meat appears to be as additional ingredients to vegetables which is locally identified as "subak." Even then, there is preponderance of shrimps, fish, dried fish, and ginamos as "subak." Of the recipes included in the study, only twelve recipes contain meat in some form.

According to Wilson, Fisher and Fuqua: "... a man eats what is available."[1] Meat is not available in the barrios, and only on Sundays in small towns. It is only in the cities and towns where sugar centrals are located, that meat is available everyday.

The popularity of vegetable recipes indicate that the rural folks make much use of vegetables in their diet. The recipes also reveal the ingenuity of the rural folks in using as vegetables, plants other than the common garden variety. They are not only edible but some have become traditional favorites in the preparation of certain dishes. Ubad for instance is favored in chicken tinola and mongo dishes. The recipes submitted carried names of field grasses which are more commonly used than the garden variety of vegetables. Lupo, kulitis, apat-apat, and oyampong are familiar ingredients in laswa and mongo dishes. Palaypay is commonly used in seacoast barrios because they grow near the swamp or near the fishponds.

It is very fortunate that the rural folks include legumes and leafy vegetables in their everyday diet. According to Lucy Gillett: ... "If, for instance, a person is unable to eat meat, its chief contribution, protein, iron and niacin, maybe provided through a combination of eggs, legumes, green vegetables and whole-grain products."[2]

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[1] Eva Wilson, Katherine Fisher, and Mary Fuqua, *Principles of Nutrition* (New York: John Wiley and Sons, Inc., 1965), p. 344.

The investigator noted the wide use of tanglad (lemon grass) as flavoring in the different dishes. It is used in the chicken, meat, and vegetable dishes which indicate its good blending quality with various ingredients. Lemon grass grows profusely in most backyards and its wide use as flavoring shows a saving on expenses for chemical or synthetic potentiators such as sodium glutamate.

Coconut milk is popularly used in legumes, vegetables as well as chicken recipes. The rural homemaker incidentally succeeded in a very practical and cheap way of providing the fat needed in the diet. The rural folks may not know it but the popular use of coconut milk improves the staying quality of their food. According to Veil, Greswold, Justin and Rust:

> "Some foods give a feeling of satisfaction until almost time for the next meal. Both the form and composition of the food influence the staying quality, which is believed to depend largely upon the rate of ddgestion of the food consumed. Fat affects the rate at which food leaves the stomach; even on a low calorie diet it is probable that some fat should be included

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[2] Lucy Gillett, *Nutrition in Public Health* (Philadelphia: W. B. Saunders Company, 1946), p. 104.

because of its staying quality."[3]

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[3] Gladys Vail, Ruth Griswold, Margaret Justin, and Lucile Osborn Rust, Food (Boston: Houghton Mifflin Company, 1967), pp. 431-432.

Chapter 5

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

This study was made in order to collect the commonly prepared recipes of the rural folks and to kitchen test the said recipes to make them easy to prepare. The investigator considered this study important in order to perpetuate the cooking art of the rural folks and to help the Home Economics classes of the rural high schools to secure recipes, the ingredients of which are readily available and cheap. She also hoped to increase the interest in the Green Revolution project of the government.

The study is limited to the recipes commonly prepared in Negros Occidental, but whether the same recipes are being prepared in other regions of the country was not considered.

The researcher collected the recipes from different districts of the province and those recipes which were found uniformly popular were kitchen tested. For the recipes included in the study please refer to Chapter 3.

Conclusions

From the study the writer conducted, she has made the following conclusions:

First, that, as revealed by the ingredients of the recipes, the rural folks consume inadequate amounts of meat. This finding is in accord with the facts revealed in the nutrition survey conducted by the Food and Nutrition Research Center. This inadequate meat consumption is considered one of the causes of malnutrition among Filipinos today.[1]

Secondly, that, while there seems inadequate meat in the rural folks diet, the prepondrance of vegetable recipes indicate the popularity of green vegetables, fruit vegetables and legumes. How important this fact is in improving the general level of nutrition in the province, the investigator does not profess to know. However, Negros Occidental is not mentioned in the list of provinces engulfed in malnutrition,which was released by the National Food and Agricultural Council.[2]

Thirdly, that most, of the rural homemakers, do not know the correct practices in preparing vegetables. They do not realize that food preparation practices determine the amount of nutrients retained, especially the soluble vitamins and minerals.

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[1] Dr. Minerva Belen-Inciong, "The Need for Food and Nutrition Education", Manila Times Food Report (November 5, 1966), pp. 14-15.

[2] Hilario Molina, "Fighting Crime and Hunger", Philippine Panorama (January 16, 1972), p. 15.

Fourth, that there are some edible plants which they are using in place of the garden variety of vegetables. The knowledge of what plants are edible appears to be widespread in Central and Southern Negros, but only as far as Cadiz in the north.

Recommendations

Basing upon findings from the study, the writer humbly makes the following recommendations:

1. There should be a widespread campaign for nutrition education.

2. The government, through its agencies, should dessiminate basic nutrition information. Classes in nutrition should be organized in rural areas under the combined forces of health officials, Rural Improvement Clubs, Agricultural Productivity Committee, and the rural folks should be taught the following:

   a. Nutrients needed by the body
   b. The functions and uses of these nutrients in maintaining good health
   c. Common sources of these nutrients
   d. How much of these nutrients are needed in the body

3. The rural homemakers should be made to realize that, although the nutrients are found in any kind of food,

through careless handling and incorrect preparation practices these nutrients may be wasted or entirely lost, and, therefore, the body fails to benefit from the food eaten.

4. To encourage improvement of the diet through better ways of handling and preparing of food.

   a. Effort should be made to overcome and to counteract the prohibitive effect of superstition attached to the eating of foods which are useful for good health, such as eating of fruits early in the morning and eating of vegetables in the evening.

   b. Homemakers should be taught the basic principles of scientific food preparation and cooking, in such ways as to best conserve food value and flavor.

   c. The holding of cooking demonstrations should be encouraged to further nutrition instruction.

   d. Women's Clubs and Mothers' Clubs should be activated in food production projects such as backyard gardens, poultry, swine, and food-preservation projects.

5. Home Economics teachers in the rural high schools should be encouraged to use native recipes in their cooking classes, the ingredients of which are locally available and cheap, so that these recipes may easily be adapted to the

family taste.

6. Further research should be made to find the specific food values of the edible plants and grasses that the rural folks use as food, and to find other ways of preparing them palatably as food.

[redacted]

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APPENDICES

APPENDIX A

LETTER OF TRANSMITTAL

(English and Vernacular)

Bacolod City
January, 1971

Dear ______________,

One of the important concerns of a family is food. In fact, the problem of food ranks in a family's daily needs.

I am collecting the most native recipes in our province in order to investigate the local food preparation practices and to standardize these recipes. This study will be the basis of my Master's thesis at West Negros College, Bacolod City.

For this reason, I am requesting your help. Kindly accommodate me by giving me whatever recipes you know in your locality.

Thank you very much for your kind cooperation.

Yours truly,

MRS. ANA C. LEE

*This letter was conveyed orally by the investigator to friends and students as the collection proceeded.

Bacolod City
January, 1972

Minamahal kong_______________,

Isa sang labing importante nga palaligban sang panimalay amo ang pagkaon. Sa kamatuoran ang pagpalibog sang pagkaon amo ang nahauna nga kinahanglanon sang pamilya.

Naga panipon ako sang mga recipe okon mga pagpangluto nga taga aton guid nga pag hikot sang pagkaon. Naga laum ako nga sa pag pangusisa sang pag pangluto mahibaluan man ang mga sari sang pag hikot sang taga aton nga pagkaon kag masayran ta ang mga elemento nga makuha ta sa amo nga mga pagkaon. Ini nga pagsusi amo ang paga basihan sang akon thesis sa West Negros College Graduate School, Bacolod City.

Natungod sini naga pangabay ako sang imo bulig. Buligi ako sa paagi sang pagpadala sang bisan ano nga recipe okon pagpangluto sang pagkaon dira sa inyo banwa.

Madamo guid nga salamat sa imo maalwan nga bulig.

Ang matinahuron,

Ginang Ana C. Lee

APPENDIX B

RECIPES IN VERNACULAR

TINOLA NGA MANOK #1

Duha ka utod ng ubad
Isa ka pudyot nga asin
Tubig nga isabaw
Pinapa ng luy-a nga dao tudlo ka daku
Duha ka bilog kamates kinihad
Duha ka ochava nga kadios

Pihakon ang bilog nga ubad. Kihadkiharon nga manipis. Buburan sang isa ka pudyot nga asin, kag puga-an. Hiwa-hiwaon ang manok. Sanlagon sa diotay nga tubig, asin kag luy-a. Dugangan sang tubig, nga naga ka igu nga sabaw. Idugang ang kadios, kamates kag ang pinuga-an nga ubad. Pabukalon inanay hasta maghumok ang manok kag luto na ang kadios.

TINOLA NGA MANOK #2

Isa ka bilog manok
Isa ka pudyot nga asin
Tubig nga isabaw
Luy-a nga pinapa
Tanglad nga binugkos
Kalobay nga isa ka dangao kalaba
Isa ka bugkos dahon sang katumbal
Isa ka bugkos dahon sang balungay

Gulotguloton ang manok. Ibutang sa kaserola upod ang asin, diotay nga tubig kag luy-a. Sanlagon sing kadali. Dugangan ang tubig, ibutang ang tanglad. Takpan kag pabukalan hasta maghumok ang manok. Panitan kag utdon manipis ang kalobay. Hugasan kag idugang sa manok, pabukalan kadali. Isampaw ang dahon sang katumbal kag balungay. Itum-ok kag pabukalan sing kadali.

GUINAT-AN MANOK

Isa ka linghod nga manok
Isa ka pidaso nga luy-a
Asin isa ka pudyot
Isa ka bilog sibuyas
Tanglad nga binugkos
Tubig husto lang makapahumok sa manok
Nanka nga kinihad manipis
Gata nga malapuyot

Ibutang ang manok sa kulon, upod sa luy-a, asin, sibuyas, tanglad kag tubig. Takpan kag luto-on hasta maghumok-humok ang manok. Idugang ang nanka kag gata. Luto-on hasta mahumok man ang manok. Ang linuto kinahanglan nga malamala.

LINAGPANG NGA MANOK

Isa ka linghod nga manok
Duha ka bilog nga batuan sinugba
Asin
Ginamos
Tatlo ka bilog kinihad nga kamates
Isa ka bilog sibuyas kinihad
Tunga sang isa ka bilog katumbal kotikot
Pinabukal nga tubig

Pihakon ang natinloan nga manok. Hamloson sang asin kag isugba. Isugba man ang atay sang manok. Maluto gani kunuson sa diotay nga tubig. Samo-on ang iban nga panakot sa yahong. Tilawan ang asin. Magpulapula na ang manok, bak-iton kag sipadsiparon ang unod kag idagdag sa na-aman nga sabaw. Iservi nga mainit pa.

BAT-ANG

Tiil sang baboy
Tubig nga makapahumok
Estiwitis nga hinuluman
Pila ka bilog nga pamienta
Dalagku nga hiniwa nga nanka
Langaw
Isa ka bilog nga sibuyas, kinihad

Tinlo-an ang tiil sang baboy labi na guid sa mga singisingian. Gulotguloton. Ibutang sa kaldero upod ang asin kag tubig nga kinumusan sang estiwitis, tubig nga sarang makapahumok sang baboy kag ang pamienta. Tabunan kag pabukalon inanay hasta maghumok-humok ang baboy. Kon dao mamala dugangan diotay nga tubig. Ilunod ang nanka, madugaydugay idugang ang langgaw. Indi pag idungan ang langgaw sa nanka kay makusog ang nanka. Maghumok na ang nanka ibutang ang sibuyas. Takpan kag bak-iton.

LA-UYA

Bendongo kag kantao, ukon tiil sang baka
Tubig nga sarang makapahumok
Asin
Isa pa pidazo nga luy-a, pinapa
Tanglad nga binugkos
Estiwitis nga hinuluman sa tubig
Dalagku nga hiniwa nga nanka
Iba or batuan ipang aslum

Hamlusan sing diotay nga apog ang bendongo. Kiskisan maayo nga magputi ang bendongo. Bunlawan sing maayo. Nusnosan sang asin kag dahon sang bayabas hasta makuha ang kabaho. Bunlawan sing maayo. Kihadkiharon ang karne. Pabukalon alangay upod ang asin, luy-a, tanglad, kag estiwitis hasta maghumok. Timplahon. Dugangan tubig kon kinahanglan. Idugang ang nanka. Madugaydugay idugang ang aslum. Bak-iton kon mahumok na ang nanka.

TINOLA NGA BABOY #1

Tunga sa kilo nga baboy, hiniwahiwa
Asin
Tubig nga maka sabaw
Duha ka ochava nga lab-as nga kadios
Hiniwa nga nanka
Tatlo ka bilog nga kamates, kinihad
Duha ka hakup nga dahon sang kamote, pinili-an

Pabukalon ang tubig kag asin. Idugang ang baboy. Pabukalan inanay hasta mahomok-humok ang baboy. Idugang ang kadios, padayuna sa pagpabukal. Maghumok ang kadios, ibutang ang nanka. Madugaydugay ibutang ang kamates kag sa ulihi ang dahon sang kamote.

TINOLA NGA BABOY #2

Tunga sa kilo nga baboy, tinoktok

Tubig nga isabaw

Asin

Duha ka bilog nga ahos

Pila ka puno sibuyas

Duha ka bilog kamates, kinihad

Isa ka utod nga kalobay

Isa ka bugkos dahon katumbal

Dulungana butang ang tubig, asin, ahos, sibuyas kag kamates sa kaserola. Pabukalan kag ilunod ang tinoktok nga baboy. Takpan kag padayuna sa pagpabukal. Panitan kag kiharon magagmay ang kalobay. Hugasan kag ilunod ang kalobay sa mahumok nga baboy. Tabunan sing kadali kag idugang naman ang dahon sang katumbal.

TINOLA NGA BABOY #3

Tunga sa kilo nga baboy nagulot
Tubig nga isabaw
Asin isa ka pudyot
Apat ka puno nga sibuyas hiniwa
Nanka nga hiniwa
Kamates nga i-aslum
Isa ka bugkos nga listones balatong

Pabukalan ang tubig, asin, kag sibuyas. Ibutang ang baboy kag pabukalan hasta maghumok. Idugang ang nanka. Takpan kag asluman. Utod-utoron ang balatong kag hugasan. Ilunod sa linuto. Luto-on hasta luto na ang mga utan.

LINAGPANG HALU-AN O PUYO

Duha ka bilog nga halu-an o puyo kasarangan ka dalagko
Pinabukal nga tubig isabaw
Asin
Isa ka bilog katumbal nga kotitot
Duha ka bilog kamates, kinihad
Isa ka bilog sibuyas

Isugba ang isda nga wala makuhae sang himbis. Samo-on ang iban nga panakot sa yahong. Susu-an sang katumbal. Banta-on ang naluyagan nga kakahang. Pagka luto sang isda hingagawon kusikusion kag sa labing mainit pa idagdag sa na-anan nga sabaw.

ALIMUSAN NGA TINOLA

Isa ka alimusan nga kasarangan ang kadaku

Tubig nga isabaw

Asin isa ka pudyot

Duha ka bilog nga batuan

Ugbos sang bayabas

Nusnosan ang lawas sang isda sang dahon sang bayabas hasta nga ang panit indi na madanlog. Kuhaan sang iya hasang kag tina-i. Hiwa-on sa naluyagan nga kadalagku. Ilunod ang isda sa nagabukal ng tubig upod ang asin, batuan kag ugbos sang bayabas. Luto-on hasta luto na ang isda.

TINOLA NGA ISDA NGA TINAKPAN
SANG BAGO

Tunga sang ulo sang daku nga isda, salongsong ukon lison

Tubig nga isabaw

Asin

Duha ka puno sibuyas kinihad

Duha ka hakup nga dahon sang bago

Duha ka bilog kamates, kinihad

Ilunod ang isda sa pinabukal nga tubig, asin, sibuyas kag kamates. Kusikusion ang dahon sang bago kag hugasan. Maluto na gani ang isda, idugang ang dahon kag sa labing madali, bak-iton.

PAKINHASON KAG BALUNGAY GUINISA

Tinala nga talaba ukon batitis

Mantika

Isa ka bilog nga sibuyas kinihad

Isa ka daku nga kamates kinihad

Asin

Tubig isabaw

Isa ka bugkos balungay

Guisahon sa mainit nga mantika ang sibuyas, kamates, kag asin. Abutang ang unod sang pakinhason. Lugayon nga masalama. Sabawan sang naga kaigu nga kadamuon nga tubig. Pabukalan kag idugang ang balungay. Sa pagkaluto, kanduson dayon kay basi malata ang balungay.

PAGI NGA LINABOG

Isa ka gamay nga pagi
Langgaw
Tubig nga isabaw
Asin
Ugbos sang bayabas
Mantika
Pila ka puno nga sibuyas
Isa ka daku nga kamates
Estiwitis nga ipa pula

Nusnosan sang dahon sang bayabas ang pagi. Hiwa-hiwa-on. Ununan ang pagi sa langgaw, diotay nga tubig, asin kag ugbos sang bayabas. Maluto gani kusikusion. Guisahon sa mainit nga mantika ang sibuyas, kamates kag ang siniksik nga isda. Papulahon sang estiwitis. Tabunan ang kalaha kag pabukalan hasta maluto. Ibutang sa bandejado kag buburan sa ibabaw sang dahon sang sibuyas nga guin kihad fino.

GUINAT-AN NGA BANAG

Banag, isa ka atado
Tubig nga isabaw
Batwan nga isslum
Luy-a pinapa
Tanglad ipahamot
Gabi, dahon kag puno
Gata
Isa ka pudyot asin

Panitan ang paklang kag uned sang gabi. Utod-utoron magagmay. Ang dahon kusikusi-on. Hugasan maayo. Ibutang sa kaserola, upod sa tubig, asin, ginamos, luy-a kag tanglad. Pabukalan hasta maluto ang gabi. Hugasan maayo ang banag,pintigan ang boli kag bunlawan maayo. Ibutang sa utan kag padayunon ang pagpabukal. Madugay-dugay kuha ka isa ka bilog kag tilawan kon luto na. Kon mahumok na sopsopon kag wala na danlog,luto na ina.

TINOLA NGA TABANGKO

Isa ka bilog tabangko, kasarangan kadaku

Tubig isabaw

Isa ka pidazo luy-a pinapa

Asin

Isa ka bilog puso kasarangan kadaku

Isa ka bilog batwan

Hugasan maayo ang tabangko. Hiwa-hiwa-on. Pabukalan ang tubig, luy-a, asin kag batwan. Ilunod ang isda.

Kuha-on ang kutob gulang nga panit sang puso. Pihakon palaba, apat ka pihak. Ibutang sa ginapabukalan nga isda. Siguehon sa pagpabukal hasta maluto sila nga duha sang isda.

HINANGOP NGA BALINGON UGA

Balingon uga

Tubig nga isabaw

Kamates

Asin

Pila ka puno nga sibuyas

Isa ka pidazo luy-a pinapaok

Samo-a sa yahong ang tubig, kinihad nga kamates, asin, kinihad pino nga sibuyas kag pinapa nga luy-a. Sanlagon sa calaha o bagabagahon sa taklub sang kulon ang balingon uga. Maluto na gani ibutang sa na-aman nga sabaw.

KINILAO NGA BANGRUS

Isa ka bangrus kasarangan ang kadaku

Langgao

Katumbal nga kotitot

Asin isa ka pudyot

Pila ka puno nga sibuyas

Isa ka pidazo nga luy-a tinoktok

Hilaw nga paho nga kinudkod

Samo-on ang langgao, asin, kinudkod nga paho, kinihad pino nga sibuyas, luy-a kag pus-an sang katumbal. Pakason ang bangrus. Laplapon ang unod kag kuha-an sang iya bukog. Hiwahiwa-on pa balabag, ibilin ang panit. Panguhaan sang iya magagmay nga bukog. Ibutang sa na-aman nga langgao. Pahulomi. Punihan sang hiniwa nga kamates.

TINOLA NGA BALINGON UGA

Balingon uga
Tubig nga isabaw
Asin
Kamates, kinihad
Isa ka bilog kamansi

Panitan ang kamansi kag utod-utoron. Hugasan kag ibutang ang uga sa kaserola upod ang asin, kamates, kag tubig. Pabukalan sing kadali. Ilunod ang kamansi, padayunon ang pagluto hasta maghumok ang kamansi. Tilawan ang asin.

LASWA #1

Ponao isa ka atado
Tubig nga isabaw
Kamates duha ka bilog
Isa ka bugkus nga tugabang
Isa ka bugkus nga balatong listones
Isa ka magamay nga kapayas
Isa ka bilog margoso
Isa ka bugkos balunggay
Asin

Panitan ang kapayas, kihadkiharon kag hugasan. Amo man ang margoso. Utod-utoron ang balatong kag bunlawan.

Pabukalan ang ponao. Kuha-on ang unod sa iya atukiba. Ang sabaw pabukalon, ilunod ang tugabang. Pabukalon sing kadali. Ilunod ang kamates, balatong, kag kapayas. Padayunon ang pagpabukal. Ilunod ang unod sang ponao kag margoso. Pabukalan. Ibutang ang balunggay.

LASWA #2

Pasayan
Kalabasa duha ka gulot
Isaka hakup tugabang
Isa ka bugkos alogbate
Asin
Tubig nga isabaw
Talong nga nautod-utod kag hinugasan

Pili-an kag hugasan ang alogbate kag tugabang.

Pabukalan ang tubig upod ang asin kag pasayan. Panitan, hiwaon kag hugasan ang kalabasa. Idugang ang kalabasa kag tugabang. Pabukalan. Ibutang ang alogbate, madugaydugay ibutang ang talong. Pabukalan kadali kag iserve.

LASWA #3

Tubig nga isabaw
Asin
Isa ka bugkos takway
Isa ka pudyot tugabang
Isa ka bilog nga puso
Pasayan
Lupo kag kulitis

Pili-an ang kulitis kag lupo. Kusikusion ang tugabang. Isawsaw maayo sa tubig ang mga utan. Saksakon ang puso. Kuha-on ang iya ubod agud indi maaplod. Kumuson sa diotay nga asin. Bunlawan kag puga-an. Ilunod sa sabaw ang pasayan kag asin. Pabukalan kag ilunod ang puso. Maghumok na ang puso idugang ang tugabang kag takway. Sa katapusan ilunod ang lupo kag kulitis.

LASWA #4

Patani nga kinusipad
Asin isa ka pudyot
Pasayan inogsubak
Isa ka bilog nga patola
Isa ka bugkos tugabang
Tubig nga isabaw

Pili-an kag kusikusi-on ang tugabang. Panitan, kihadkiharon kag hugasan ang patola.

Pabukalan ang asin kag pasayan sa sabaw. Idugang ang patani. Pabukalan hasta diotay na lang ang ragudnod. Ibutang ang tugabang. Pabukalan hasta dali na lang maluto. Idugang ang patola kag tangkong.

LASWA #5

Tubig nga isabaw
Asin isa ka pudyot
Lamayo nga bangrus
Duha ka bilog batwan
Duha ka bugkos balatong listones
Pila ka bilog talong
Isa ka bugkos nga dahon kamote
Isa ka hakup tugabang

Kiharon ang talong, kag ibutang sa tubig agud indi mag-itum.

Pabukalan ang sabaw, subak kag asin. Idugang ang tugabang. Pabukalan ka dali. Ilunod ang talong, batwan kag balatong. Padayunon ang pagpabukal. Sa katapusan ilunod ang dahon kamote.

LASWA #6

Isa ka hakup balingon uga
Duha ka bilog kamates
Asin
Pila ka bilog okra
Tubig nga isabaw
Utan nga salamo

Idungan pabukal sa tubig, ang balingon uga, kamates kag asin. Kiharon kag hugasan ang okra. Idugang sa nagabukal nga sabaw. Dali nalang gani maluto, ibutang ang pinili-an kag hinugasan nga salamo. Sa indi madugay, bakiton.

LINUTIK NGA KALABASA

Diotay nga tubig
Isa ka pudyot nga asin
Ginamos
Duha ka hiwa kalabasa
Gata sang isa ka bilog lubi

Hiwa-hiwa-on ang pinanitan nga kalabasa. Hugasan kag ilunod sa nagabukal nga tubig nga may asin kag ginamos. Padayunon ang pagpabukal hasta maghumok ang kalabasa. Dunoton sang likod sang luwag. Labugayon kag sa nagaynay idugang ang gata. Padayunon ang paglugay hasta maglapuyot.

KARNE NGA MAY ALOGBATE

Un kuarto kilo nga karne
Isa ka bugkos nga alogbate
Isa ka pidazo kalabasa
Tubig nga isabaw
Asin
Isa ka bilog sibuyas
Mantika
Isa ka pidazo luy-a pinapa

Guisahon ang karne sa sibuyas, luy-a, kamates kag asin. Takpan ang kalaha kag pagua-on ang iya kaugalingon nga duga. Butangan sang sabaw kag pabukalan.

Kiharon kag hugasan ang kalabasa. Pili-an kag hugasan ang alogbate. Mahumok na gani ang karne, ilunod ang kalabasa. Sa masunod ilunod ang alogbate. Paluto-on.

MONGO NGA MAY UBAD

Isa ka ochava nga mongo
Baboy laban tambok
Pila ka liso nga ahos
Sibuyas
Asin
Ubad
Pila ka puno nga tanglad
Kamates

Saksakon ang ubad. Kumuson sa asin. Bunlawan kag puga-an. La-gaon ang mongo hasta maglusang. Kihadkiharon ang baboy. Ibutang sa kalaha, nga pasalapawan sang tubig, takpan kag pabukalan. Lugayon hasta mahubas ang tubig kag magtubod ang iya mantika. Tipunon ang iya tulapho sa kilid sang kalaha kag guisahon sa mantika ang ahos, sibuyas, kamates kag asin. Dunoton maayo ang kamates. Ilunod ang tulapho, mongo kag tanglad. Pabukalan kag tilawan. Luto-on hasta maghumok ang ubad.

MONGO GUINAT-AN

Mongo isa ka ochava
Pila ka puno nga tanglad
Batwan
Pinakas nga isubak
Puso
Isa ka pudyot asin
Tubig nga isabaw
Gata sang isa ka bilog lubi

Kuha-an sang gulang na nga panit ang puso. Saksaka; Kumusa sa asin kag bunlawan. Puga-an maayo. Laga-a ang mongo hasta maglusang. Ibutang ang asin, pinakas, puso, tanglad, kag batwan. Luto-on hasta mag humok ang puso. Butangan sang gata.

MONGO GUISADO

Mongo isa ka ochava
Tubig nga isabaw
Pasayan nga ipangsubak
Asin
Duha ka hakup palaypay
Kamates
Pila ka puno nga sibuyas
Duha ka liso ahos
Mantika

Pili-an ang palaypay, kusikusi-a kag hugasan. Patulo-on.

Pabukalan ang mongo hasta maglusang. Guisaha ang ahos, sibuyas, kamates, asin kag pasayan. Takpan hasta mag pula ang pasayan. Ibutang ang pinalusang nga mongo. Padayunon sa pagpabukal hasta maglapuyot. Isampaw ang dahon sang palaypay. Luto-on sang kadali.

MONGO NGA MAY BULAK SANG MADRE DE CACAO

Isa ka ochava mongo
Isa ka atado pasayan
Tubig nga isabaw
Pila ka puno tanglad
Kamates
Duha ka hakup bulak sang madre de cacao
Gata sang isa ka bilog lubi
Asin

Pili-an ang bulak. Sawsawan sa tubig sing maayo. Laga-on ang mongo hasta maglusang. Ibutang ang asin, pasayan, kamates, kag tanglad. Tabunan kag padayunon sa pa pagpabukal. Ilunod ang bulak sang madre de cacao. Pabukalan kadali. Ilunod ang gata, labugayon, kag bak-iton dayon.

TAMBO NGA GUINAT-AN

Kinidkid nga tambo
Maiz nga gatasgatason nga guinkidkid
Pasayan
Tubig nga isabaw
Isa ka bugkos tugabang
Gata sang isa ka bilog lubi
Asin

Kumuson ang kinidkid nga tambo sing kadali. Bunlawan kag puga-an. Pabukalon ang tubig. Ilunod ang tambo. Indi pagtakpan; padayunon sa pagpabukal hasta maluto ang tambo. Gurobon ang tugabang. Idugang upod sa pasayan, asin kag mais. Sigehon luto hasta maluto ang maiz. Idugang ang gata.

TAMBO NGA MAY OHONG

Kinidkid nga tambo

Binoro magagmay

Isa ka hakup nga tugabang

Asin

Ohong, pila ka bilog

Isa ka bugkos takway

Tubig nga isabaw

Lidhiron ang tambo. Kumuson sa tubig kag puga-an maayo. La-gaon ang tambo sa tubig. Indi pagtakpan ang kaserola. Kumuson ang tugabang sa diotay nga asin. Idugang ang tugabang, binoro, kag takway. Sigehon pagluto hasta nga ang takway luto na. Isampaw ang ohong. Pabukalan kadali.

Madamo nga sari sang ohong nga sarang madugang sa tambo--ligbos, mamakol ukon hapon-hapon.

BALATONG OYAS NGA GUINAT-AN

Binulad nga oyas nga balatong
Tubig
Hiniwa nga bulad nga tangigue
Batwan
Asin
Isa ka hakup dahon kamote
Pila ka bilog dagmay

Gata sang isa ka bilog lubi

Huluman ang balatong sa gab-i antes sa pag-utan. Pabukalon ang tubig nga isabaw sa utan. Ibubo ang hinuloman nga balatong lakip ang guinhuloman nga tubig. Maglusang na gani, ilunod ang uga, dagmay kag batwan. Luto-on hasta maghumok ang dagmay. Tilawan ang asin. Idugang ang dahon sang kamote, butangan gata, labugayon kadali.

BALATONG NGA OYAS KAG INASINAN NGA BABOY

Oyas nga balatong hinuloman isa ka gab-i
Tubig nga isabaw
Inasinan nga baboy
Kamates
Isa ka hakup nga dahon balungay
Nanka nga tinuktok

Pabukalon ang tubig nga isabaw. Ibubo ang balatong, lakip ang tubig nga hinuloman, upod ang hinugasan nga baboy. Palusangon ang balatong. Idugang ang nanka, pabukalon kadali. Ibutang ang kamates. Luto-on hasta maluto ang nanka. Isampaw ang dahon sang balungay.

BALATONG OYAS KAG BANGRUS

Oyas nga balatong hinuloman isa ka gab-i
Tubig nga isabaw
Asin
Isa ka bilog bangrus kasarangan kadaku
Kamates
Isa ka hakup nga dahon sang tangkong

Pabukalon ang tubig nga isabaw. Idugang ang balatong lakip ang tubig nga hinuloman. Sigehon luto hasta maghumok ang balatong. Idugang ang isda nga guinhiwahiwa, asin kag kamates. Luto-on hasta maluto ang isda. Idugang ang dahon sang tangkong. Luto-on kadali.

KINILAO NGA BULAK SANG GAWAY-GAWAY

Bulak sang gaway-gaway
Asin kag kalamay
Langgaw
Sibuyas
Kamates

Pili-an kag hugasan ang bulak sang gaway-gaway. Pabukalon ang tubig kag lapwahan ang gaway-gaway. Patulo-on maayo.

Samo-on ang asin, kalamay kag langgaw. Isamo sa bulak sang gaway-gaway. Punihan sang hiniwa nga sibuyas kag kamates.

APAN-APAN

Langgaw
Tangkong, isa ka bugkos
Ginamos kinumos sa tubig
Mantika

Balibali-on ang mga paklang sang tangkong. Hugasan kag patulo-on. Sa mainit nga mantika, ibutang ang ahos kag ligsa-on hasta maghamot kag magpulapula. Ibutang ang tangkong. Takpan kag luto-on kadali. Ibutang ang langgaw kag ang ginamos. Lugayon kag takpan. Sigihon luto hasta maluto ang tangkong.

NANKA NGA ADOBO

Isa ka magamay nga nanka

Ginamos nga kinumos sa diotay nga tubig

Luy-a

Tanglad

Asin

Diotay nga langgaw

Gata

Panitan kag kihadkiharon ang nanka. Hugasan. Isulod sa kulon upod ang luy-a, asin kag ginamos. Takpan kag paalangayan hasta maluto. Idugang ang langgaw kag gata. Kinabanglan nga malamala ang linuto.

TAKWAY ADOBO

Isa ka bugkos nga takway
Mantika
Isa ka pudyot nga asin
Duha ka liso nga ahos
Langgaw
Ginamos
Sibuyas

Panitan ang takway. Utod-utoron kag hugasan. Sa mainit nga mantika ilunod ang ahos kag papulapulahon. Idugang ang takway kag sibuyas. Templahan sang asin, langgaw, kag ginamos. Takpan kag sigihon pagluto hasta maghumok-humok ang takway.

PINAMALHAN NGA DAHON SANG UDAG

Dahon sang udag nga wala pa magbuklad

Kamates

Asin

Ginamos

Diotay lang nga tubig

Pakita-on sa kulon ang tanan nga panakot. Takpan kag isun-ad sa madali lang nga pagluto hasta maluto ang dahon.

GUINISA NGA ITLOG KAG MARGOSO

Duha ka bilog margoso
Sibuyas pila ka puno
Asin isa ka pudyot
Mantika
Binati nga itlog isa ka bilog

Kihadkiharon sa manipis ang margoso. Kumoson sa diotay nga asin kag bunlawan. Guisahon sa mainit nga mantika ang sibuyas kag kamates. Ibutang ang margoso. Takpan kag luto-on sing kadali. Ibutang ang itlog kag labugayon basta maluto.

ALOPENG KAMOTENG KAHOY

Kinidkid kag pinoga-an nga kamoteng kahoy
Duha ka bilog butong
Kalamay nga pula
Linahob nga dahon sang saging

Utod-utoron ang linahob nga dahon sang saging sing tag-isa ka dangao ang ka sangkad. Pahiran maayo.

Samo-on ang kamoteng kahoy, kalamay kag ang butong nga guinpaagi sa raspador. Putson sa dahon sang saging kag higtan ang duha ka bilog sa punta kag punta. Pabukalon basta maluto.

PUTO TAKTAK

Apat ka utod nga kamoteng kahoy

Kalamay nga puti

Dahon sang saging nga linahob

Kidkiron ang pinanitan nga kamoteng kahoy. Isulod sa puyo sang kalamay kag puga-an guid maayo. Ibutang sa kalalaw kag ukay-ukayon sa init sang adlaw hasta mag malamala.

Isamo sa kalamay nga sarang makapatam-is. Ayagon nga pagbutang sa lata nga binuhuan sa boli.

Pabukalon ang tubig sa kulon nga guin tutoban dahon sang saging ang iya baba. Magbukal na gani ang tubig itungtong ang lata nga may kamoteng kahoy kag padayunon pagpabukal hasta mag guwa ang alisbo. Itaktak para mahukas ang puto.

BICHO-BICHO

Isa ka tercio nga pilit
Muscovado nga kalamay
Gata sang isa ka bilog nga lubi

Huluman sang isa ka gab-i ang kinislan nga pilit. Galingon mapino. Isulod sa katsa kag pamatuhan agud makatulo maayo.

Masahon ang pinatulo nga ginaling pilit hasta magpilit-pilit. Magkuha sang isa ka umok nga masa kag ligiligiron hasta maglaba nga daw tudlo ang katipulon. Ekison nga daw numero 8. Pritohon hasta mag pulapula.

Maghimo sang pulot sang gata kag kalamay. Ipangdagdag ang bicho-bicho sa gulang nga pulot kag ukayon hasta masalama sa pulot.

PUTO TIKOY

Isa ka tercio nga pilit
Kalamay nga muscovado
Dahon sang saging nga linahob

Huluman ang pilit kag ipagaling pino. Patulo-on maayo. Isamo sa kalamay kag gata. Ibutang sa hurmahan nga guin hanigan sang linahob nga dahon sang saging

Magpabukal sang tubig nga salampawan.

Ibutang sa sulod sang lampawan kag pabukalan hasta mag malamala na ang tikoy.

INDAY-INDAY

Duha ka lechehan nga pilit
Muscovado nga kalamay
Isa ka bilog lubi nga bangi-on kinudkod

Huluman ang pilit kag ipagaling mapino. Isulod sa katsa kag patulo-on maayo. Masahon ang ginaling hasta mag pilitpilit. Omuk-omokon sa palad kag palaparon. Ipang lunog sa gadakal-dakal nga tubig. Maglutaw na gani luto na ina. Bak-iton kag patulo-an. Luto-on ang kalamay kag lubi hasta mag gulang ang pulot. Ilunod ang inday-inday kag labugayon kadali hasta masalama sang dulce nga lubi.

2

SUNDOL

Duha ka lechehan nga pilit
Madapuyot nga gata
Mapula nga kalamay
Linahob nga dahon sang saging

Mag panghimo sang putos sang sundol. Maglikit linahob nga dahon kag hugton ang isa ka punta.

Huluman ang pilit kag ipagaling pino. Isamo sa gata kag kalamay. Mapabukal tubig sa isa ka daku nga kaldero. Butangan sang saladang kag ipatindog ang mga sundol sa sulod sang saladang. Pabukalan hasta mag malamala ang sundol.

SUMAN NGA KAMOTENG KAHOY

4 ka balag nga kamoteng kahoy
Kalamay nga pula
Gata kag tubig

Panitan ang kamoteng kahoy kag lidhiron pino. Isulod sa berang kag puga-an maayo.

Isamo ang kamoteng kahoy sa kalamay kag sabawan sang tubig kag gata sa kalaha. Isun-ad kag ukay-ukayon hasta magpilit kag luto na ang kamoteng kahoy.

BAYE-BAYE

3 ka lechehan nga pilipig
Duha ka bilog kinudkod lubi nga bangi-on
Tubig sang lubi
Kalamay

Sanlagon ang pilipig sa kalaha basta mag pulapula. Galingon mapino. Isamo sa lubi kag kalamay. Kon masiado guid ka mala, basa-basa-on sang tubig sang lubi. Kon gusto nga makapol guid, dugangan sang tinanok nga kamoteng kahoy.